

# **State Personal Responsibility Education Program (PREP)**

## ***Adulthood Preparation Topics Webinar***

**Wednesday, May 4<sup>th</sup>, 2011  
3:00 – 4:00 EDT**

**U. S. Department of Health and Human Services  
Administration on Children, Youth and Families (ACYF)  
Family And Youth Services Bureau (FYSB)  
Teen Pregnancy Prevention Division**



# Asking Questions During the Webinar

It is our expectation that the webinar will answer many questions and concerns of grantees. Additionally, every attempt will be made to answer questions posed by participants at the conclusion of the webinar.

Questions may be typed in the chat box at any time during the webinar. At the conclusion of the call, participants will have access to audibly ask questions.



# Agenda

- Welcome / Introductions
- Objectives
- Legislative Requirements
- Overview of Adulthood Preparation Subjects
- Questions and Answers

# Welcome/Introductions

- **FYSB**
  - Marc Clark, Director, Teen Pregnancy Prevention Division
  - LeBretia White, PREP Project Officer
  - Sarah Axelson, PREP Project Officer
- **Program Support – Olé Professional Services**
  - Valerie Boykin, PREP T/TA Project Manager
  - Laura Caldwell-Aden, PREP T/TA Asst. Project Manager
  - Jae'Mie Hughes, PREP Project Associate
- **Training and Technical Assistance (T/TA) Providers**
  - ETR Associates, Inc.
  - Healthy Teen Network
  - The National Campaign to Prevent Teen and Unplanned Pregnancy

# Adulthood Preparation Subject Topical Presenters

- **Approaches to Addressing Adulthood Preparation Subjects**

B.A. Laris, MPH, Research Associate, ETR Associates, Inc.

- **Adolescent Development**

Pat Paluzzi, DrPH, President/CEO, Healthy Teen Network

- **Educational and Career Success**

Katy Suellentrop, Director of State Support, The National Campaign

# Adulthood Preparation Subject Topical Presenters, cont.

- **Financial Literacy**

Jennifer Drake, Senior Manager of State Support, The National Campaign

- **Healthy Life Skills**

Pat Paluzzi, DrPH, President/CEO, Healthy Teen Network

- **Healthy Relationships**

B.A. Laris, MPH, Research Associate, ETR Associates, Inc.

- **Parent-Child Communication**

B.A. Laris, MPH, Research Associate, ETR Associates, Inc.

# Webinar Objectives

- Define Adulthood Preparation Topics
- Identify Legislative Requirements
- Identify Adulthood Preparation Subject related activities aligned with PREP programming
- Provide States with tips and resources regarding implementation of Adulthood Preparation Subjects

# PREP Legislative Requirements

## Adulthood Preparation Subjects

- Patient Protection and Affordable Care Act
- Signed March 23, 2010
- Amends Title V of the Social Security Act to include the Personal Responsibility Education Program (PREP)
- State Formula Grant
  - Educate adolescents on both abstinence and contraception to prevent pregnancy and sexually transmitted infections
  - Educate adolescents on at least three adulthood preparation subjects.
- Six Adulthood Preparation Subjects identified in legislation





# Adulthood Preparation Subjects

- Adolescent Development
- Educational and Career Success
- Financial Literacy
- Healthy Life Skills
- Healthy Relationships
- Parent-Child Communication

# Approaches to Addressing Adulthood Preparation Subjects

**Presenter:**

B.A. Laris, MPH

Research Associate, ETR Associates, Inc.

# Approaches to Addressing Adulthood Preparation Subjects

- Implementation of Evidence-Based Model that incorporates Adulthood Preparation Subject(s)
- Adaptation of Evidence- Based Model to incorporate Adulthood Preparation Subject(s)
- Provision of Adulthood Preparation programming before or after sessions facilitated on Evidence-Based curriculum





# Green, Yellow & Red Light Adaptations

Provides guidance on whether a particular adaptation is...

...safe (green)

...should be made cautiously (yellow)

...should be avoided (red)

# Adulthood Preparation Subjects

- Definition/Description
- Activities
- Tips
- Resources

# Adolescent Development

## **Presenter:**

Pat Paluzzi, DrPH  
President/CEO, Healthy Teen Network

# Adolescent Development

## Definition/Description

Transition to adulthood that can occur between ages eight to twenty-four which encompasses cognitive, emotional, social, sexual, identity formation, and spiritual change and growth.

*McNeely & Blanchard, 2009*

# Adolescent Development and Teen Pregnancy Prevention

- Ultimate outcome is healthy transition to adulthood
- Pregnancy prevention is an important factor in successful development, but not the sole outcome
- Positive transition and growth decreases risks of teen pregnancy
- Instills healthy perspective of and expectations in self
- Establishes positive social norms with regard to healthy relationships and behaviors
- Creates supportive and protective relationships with mentors and community





# Adolescent Development Activities

- Youth empowerment
- Fostering a group or community identity
- Mentorship
- Connections to the community



# Adolescent Development

## Tips for Incorporation in PREP activities

- Positive attitudes of program facilitators
- Emphasize capacity-building opportunities and goal-setting rather than activities grounded in avoiding problem behaviors
- Incorporate activities that encourage identifying individual strengths, personal goals and sources of community pride



# Adolescent Development

## Tips for Incorporation in PREP activities

- Culturally-tailored and gender-tailored
- Involve community members in the design and execution of programs
- Use mentors, family members, teachers, peers and role models to reinforce values and goals
- Incorporate...
  - Brainstorming
  - Group Discussions
  - Interactive-activities
  - Activities to address social norms, healthy attitudes and values
  - Mentors that come from within the community

# Adolescent Development

## Tips for Incorporation in PREP activities

- Incorporate booster sessions or refresher courses
- Incorporate community service, outreach, and volunteering
- Monitor and evaluate program
  - Implementation
  - Efficacy
  - Fidelity
  - Quality
- Institutionalize follow-up programming

# Adolescent Development

## Online Resources

- Adolescent Girls

<http://www.catherinesteineradair.com/full-of-ourselves.php>

- Transition to Adulthood

[http://www.childtrends.org/what\\_works/clarkwww/clarkwww\\_intr\\_o.asp](http://www.childtrends.org/what_works/clarkwww/clarkwww_intr_o.asp)

- Adolescent Development

[http://www.childtrends.org/what\\_works/clarkwww/clarkwww\\_intr\\_o.asp](http://www.childtrends.org/what_works/clarkwww/clarkwww_intr_o.asp)

- Personal and Social Skills

<http://www.casel.org/downloads/ASP-Full.pdf>

# Education and Career Success

## **Presenter:**

Katy Suellentrop  
Director of State Support  
The National Campaign to Prevent Teen and  
Unplanned Pregnancy

# Education and Career Success

## Definition/Description

- Program goals are to improve educational outcomes and increase employment options and opportunities
- Programs that focus on developing such skills as employment preparation, job seeking, independent living, financial self-sufficiency, and work-place productivity
- Programs that generally seek to improve academic performance, increase school attendance, increase school engagement and/or increase school completion

# Education and Career Success and Teen Pregnancy Prevention

- A close connection to school, higher academic performance, and high educational aspirations and plans for the future have been found to be protective factors for teen pregnancy prevention
- Teens who do well in school are more likely to delay sexual initiation
- Students who drop out of school are at greater risk of experiencing a pregnancy



# Education and Career Success

## Activities and Programs

- Mentorship
- Case management
- Academic support and/or homework help
- Activities focus on building specific skills related to academic and employment success



# Education and Career Success

## Activities and Programs

- Wide variety of programs and activities specifically focused on improving educational outcomes:
  - Drop out prevention
  - Academic subject specific improvement
- U.S. Department of Education, What Works Clearinghouse: <http://ies.ed.gov/ncee/wwc/>

# Education and Career Success

## Activities and Programs

Some other examples of evaluated programs include:

- Career Beginnings
- Upward Bound



# Education and Career Success

## Tips for Incorporation in PREP activities



- Incorporate a mentoring component
- Provide students time to complete homework
- Provide tutoring opportunities
- Partner with school or community-based partners who are already addressing this topic

# Education and Career Success

## Online Resources

- **College Preparation**

<http://studentaid.ed.gov/PORTALSWebApp/students/english/checklist.jsp>

- **Going to college**

<http://www.mymoney.gob/category/topic1/going-college.html>

- **U.S. Department of Education, Institute of Education Sciences, What Works Clearinghouse**

<http://ies.ed.gov/ncee/wwc/>

- **Dropout Prevention**

<http://ies.ed.gov/ncee/wwc/reports/Topicarea.aspx?tid=06>

- **HRSA MCHB Division of Services for Children with Special Health Needs (DSCSHCN) Resource Center**

[http://www.syntiro.org/hrtw/tools/check\\_transition.html](http://www.syntiro.org/hrtw/tools/check_transition.html)

# Financial Literacy

## **Presenter:**

Jennifer Drake

Senior Manager of State Support  
The National Campaign to Prevent Teen  
and Unplanned Pregnancy

# Financial Literacy

## Definition/Description

- Implies a level of basic knowledge about financial concepts such as the ability to balance a checkbook, manage a credit card, prepare a budget, take out a loan, and buy insurance
- Financial education programs seek to improve knowledge, attitudes, and behavior related to personal finance

# Financial Literacy and Teen Pregnancy Prevention

- Instills an understanding of the demands of managing personal and family finances, and the benefits of achieving self-sufficiency
- Can be a useful tool to help reinforce the economic consequences of teen pregnancy at the individual and societal levels



# Financial Literacy

## Activities

The United States Treasury - Office of Financial Education has identified eight elements of successful financial education programs:

- **Content**

1. Focus on basic savings, credit management, home ownership and/or retirement planning
2. Tailor to the target audience

- **Delivery**

3. Connected with existing programs, resources, and contacts
4. Follow up with participants

# Financial Literacy Activities

- **Impact**

5. Establish specific program goals and performance measures
6. Demonstrate a positive impact on participants

- **Sustainability**

7. Easily replicable
8. Broadly supported, financially and by community stakeholders

# Financial Literacy Activities

- Vary widely in terms of setting, intensity, and duration
- Educational materials vary, ranging from brief brochures to more intensive computer-based educational games

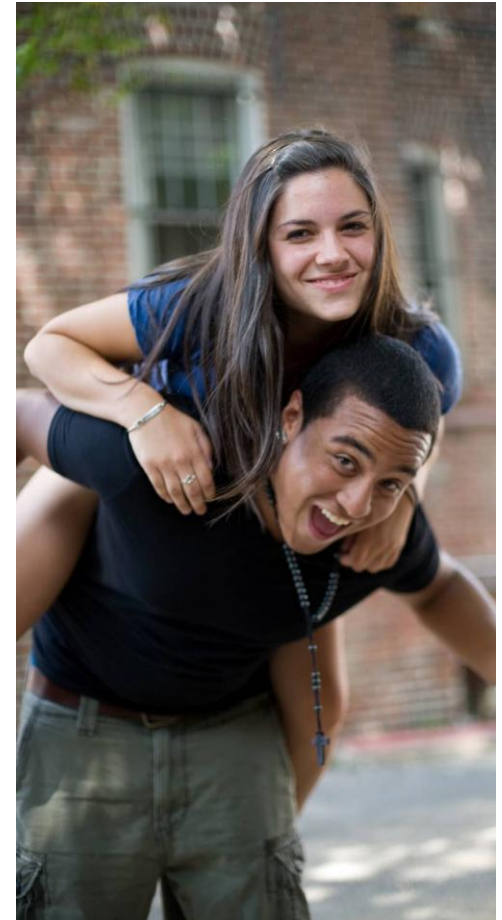


# Financial Literacy

## Activities and Programs

A few financial education programs have been rigorously evaluated:

- High School Financial Planning Program
- Money Talks
- Real Money, Real World



# Financial Literacy

## Tips for Incorporation in PREP activities

- Identify available resources and offer a session to explore them with participating youth
- Programs should give students skills beyond handling cash, and should increase awareness of the relationship between money, work, investments, credit cards, bill payment, retirement planning, taxes, and more

# Financial Literacy

## Tips for Incorporation in PREP activities

- Incorporate an effective financial literacy program at the beginning or end of other evidence-based programs
- Develop a strategy with a community organization implementing a financial literacy program to offer their program to PREP youth
- Ensure programs are relevant and interesting to participating students

# Financial Literacy

## Online Resources

- **Jump\$tart Coalition for Personal Financial Literacy**  
<http://jumpstart.org/>
- **Institute for Financial Literacy** <http://www.financiallit.org/>
- **National Endowment for Financial Education** [www.nefe.org](http://www.nefe.org)
- **United States Financial Literacy and Education Commission**  
[www.mymoney.gov](http://www.mymoney.gov)
- **Going to College** <http://www.mymoney.gov/category/topic1/going-college.html>)
- **Youth Focus** <http://www.mymoney.gov/category/topic1/youth.html>
- **Treasury DirectKIDS** <http://www.treasurydirect.gov/kids/kids.htm>
- **Money Management for Teens**  
<http://www.fdic.gov/consumers/consumer/news/cnsum06/index.html>
- **Junior Achievement (JA)** <http://www.ja.org/programs/programs.shtml>

# Healthy Life Skills

## **Presenter:**

Pat Paluzzi, DrPH  
President/CEO, Healthy Teen Network



# Healthy Life Skills

## Definition/Description

Abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life. Include, but are not limited to, communication, decision-making, coping, self-management, goal-setting, and avoidance of unhealthy behavior.

*World Health Organization (2003).*

# Healthy Life Skills and Teen Pregnancy Prevention

- Youth learn to actively identify and confront risks
- Improves self-efficacy for applying knowledge and intent in real-life situations
- Negotiation and refusal skills to respond to social pressure from peers or partners
- Goal-setting defines benchmarks for behavioral outcomes. Helps identify barriers to long-term achievements such as finishing school
- Mastery of life skills empowers youth to achieve healthy lifestyles, rather than merely avoid risks

# Healthy Life Skills

## Activities

- Self-efficacy and motivation
- Strengths-Based Programming
- Interactive Learning/Apply skills outside of the classroom
- Community-involved approaches
- Skills-based programming



# Healthy Life Skills

## Tips for Incorporation in PREP activities

- Engage participants and encourage group discussions
- Incorporate activities that encourage identifying individual strengths, personal goals, and sources of community pride
- Emphasize opportunities for growth and improvement rather than challenges
- Emphasize activities that focus on positive opportunities rather than problem behavior

# Healthy Life Skills

## Tips for Incorporation in PREP activities

- Incorporate...
  - Role Play
  - Skills Rehearsal
  - Group Discussion
  - Storytelling
  - Case Study Analysis
  - Volunteer Activities
- Encourage involvement in the community
- Involve family members, teachers and peers as role models
- Encourage youth to practice skills learned after the program is finished with members of the community

# Healthy Life Skills

## Tips for Incorporation in PREP activities

- Incorporate booster sessions or refresher courses
- Teach skills in anticipation of when they will be employed
- Teach skills not too far in advance
- Strategize ways to maintain contact with youth
- Monitor and evaluate program ...
  - Implementation
  - Efficacy
  - Fidelity
  - Quality

# Healthy Life Skills

## Online Resources

- Botvin's Lifeskills Training Program  
<http://www.lifeskillstraining.com/>
- Mental health and substance abuse prevention  
<http://www.reconnectingyouth.com>; and <http://www2.uni-jena.de/svw/devpsy/cads/projects/ipsy.pdf>
- Youth transitioning to adulthood <http://www.tipstars.org/>
- American Indian teens  
<http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=81>
- World Health Organization  
[http://www.who.int/school\\_youth\\_health/media/en/sch\\_skills4health\\_03.pdf](http://www.who.int/school_youth_health/media/en/sch_skills4health_03.pdf)

# Healthy Relationships

**Presenter:**

B.A. Laris, MPH

Research Associate, ETR Associates, Inc.



# Healthy Relationships

## Definition/Description

- Relationships are interactions between people that are ongoing, voluntary, and mutually acknowledged
- Healthy relationships are based on
  - trust
  - honesty
  - respect
- Romantic relationships involve affection, which is oftentimes physical and may or may not involve sex

# Healthy Relationships and Teen Pregnancy Prevention

- Most teenagers have their first sexual encounters in a dating relationship
- It is important to teach youth how to build and navigate healthy relationships and end unhealthy ones
- Lessons learned about healthy and unhealthy relationships have implications for life-long physical and emotional health and well-being

# Healthy Relationships

## Activities

### **Activities should focus on...**

- Information about gender-based stereotypes
- How to show caring and affection without having sex
- Conflict management skills
- Communication skills
- Limit setting, and navigating different limits
- Skills to develop healthy relationships
- Skills to identify and safely end unhealthy relationships



# Healthy Relationships

## Tips for Incorporation in PREP activities

- Involve parents so young people are aware of their values
- Utilize interactive formats for program activities
- Use booster sessions
- Include families, health care workers, media, and CBOs to reinforce messages
- Incorporate peer education into programs
- Consider developmental level, culture, sexual orientation, and prior dating experience



# Healthy Relationships

## Online Resources

- **Planned Parenthood**  
<http://www.plannedparenthood.org/health-topics/relationships/your-relationship-good-you-19922.htm>
- **Scarleteen**  
[http://www.scarleteen.com/article/boyfriend/does\\_your\\_relationship\\_need\\_a\\_checkup](http://www.scarleteen.com/article/boyfriend/does_your_relationship_need_a_checkup)
- **Sexuality Information and Education Council of the United States (SIECUS) SexEd Library**  
<http://www.sexedlibrary.org/index.cfm?pagelId=724>
- **Stayteen.org** <http://www.stayteen.org/article/unhealthy-relationships-seeing-past-stereotypes>
- **Teensource.org** <http://teensource.org/pages/relationships-communication/healthy-vs-unhealthy-relationships.html>

# Parent-Child Communication

**Presenter:**

B.A. Laris, MPH

Research Associate, ETR Associates, Inc.

# Parent-Child Communication

## Definition/Description

- Providing accurate information and creating open lines of communication can support adolescent development
- Positive parent-child communication can help adolescents develop healthy and responsible sexual decision-making
- Open parent-child communication may be an effective teen pregnancy prevention tool

# Parent-Child Communication and Teen Pregnancy Prevention

- Parent-child communication about sex is associated with safer sexual behaviors
  - Delaying initiation of sex
  - Increasing condom use
  - Increasing partner communication
  - Having fewer partners





# Parent-Child Communication and Teen Pregnancy Prevention

- Strongest effects of parent-child communication occur when:
  - Teen is a daughter
  - Parent is the mother
  - Teens and parents feel connected to one another
  - Parents disapprove of teens having sex
  - Parents support contraceptive use
  - Parents can discuss sexuality in an open and comfortable manner

# Parent-Child Communication Activities

- Sexuality education homework
- Programs for parents and their children
- Programs for parents only
- Programs for parents of students in sexuality education classes
- Home-based programs for parents and their children
- Media campaigns (videos, radio, newspaper, TV, fliers, newsletters)

# Parent-Child Communication

## Tips for Incorporation in PREP activities

- Increase parents' knowledge and awareness
- Help parents clarify their values
- Improve parents' skills in talking about sexuality
- Increase parents' comfort talking about sexuality
- Provide structured opportunities for young people and their parents to talk together
- Utilize interactive formats
- Use booster sessions
- Measure both teen and parent outcomes over time



# Parent-Child Communication

## Online Resources

- Resource Center for Adolescent Pregnancy Prevention (ReCAPP): Activities for parents, youth and educators; research and parent-child communications and connectedness resources  
<http://www.etr.org/recapp/index.cfm?fuseaction=pages.LearningActivitiesHome>
- Innovative Approaches to Increase Parent-Child Communication about Sexuality  
[http://www.siecus.org/\\_data/global/images/innovative\\_approaches.pdf](http://www.siecus.org/_data/global/images/innovative_approaches.pdf)
- Readings on Teenagers and Sex Education  
[www.alanguttmacher.org/pubs/compilations/2004/06/30/readings04-1.pdf](http://www.alanguttmacher.org/pubs/compilations/2004/06/30/readings04-1.pdf)
- Emerging Answers 2007  
[www.thenationalcampaign.org/EA2007/EA2007\\_full.pdf](http://www.thenationalcampaign.org/EA2007/EA2007_full.pdf)
- Advocates for Youth  
<http://www.advocatesforyouth.org/parents-sex-ed-center-home>

# Questions and Answers

# Thank you!

